



Office On Aging

5730 Chambertin Drive, San José 95118

Phone: 408-979-7912

Fax: 408-979-0536

Supervisor: Diane Lindberg

Email: diane.lindberg@sanjoseca.gov

Bus Line: 27

Types of Programs: Information and assistance, volunteer placement, assessment, support services, job search assistance, tax assistance, and wellness programs.

The Office on Aging offers a variety of Citywide Services and Programs to older adult residents to help them maintain an active and independent life style. Most programs are designed for those aged 50 and over and are offered through your local Senior and Community Centers (please see listings of activities under each center).

SENIOR SERVICES

Advisory Councils

Each center has an Advisory Council consisting of volunteers who are responsible for providing input to the center staff on programs and senior issues. Most Advisory Councils are active in fundraising activities for their center and meet once per month.

Adult Education

Most centers offer a wide variety of Adult Education classes at no cost or very low cost. Typically, fitness classes (Tai-Chi, Body Conditioning, Aerobics, and Dance); art classes (Oil Painting, Watercolor, Calligraphy, Chinese Brush Painting, and Ceramics) and life-time learning classes (Computer, Genealogy, Conversational Spanish, California History and Current Events) are offered. Look under your local center to see what classes are available.

Information and Assistance Resource Center

A library of information where seniors, their families or caregivers can receive assistance on resources available for older adults. Issues such as care-giving services, elder abuse, employment info, meal programs, prescription medication programs, volunteer placements, recreation, financial assistance, housing and transportation are all offered here. There is also information about community resources and services. Call 408-979-7911.

Bingo

Many centers have a bingo committee consisting of volunteers who offer bingo once a week to all adults age 18 and over. The price of game packs and cash prizes varies from center to center. The specific day and time each center offers Bingo is listed on the Senior Center Service Directory (page 11). If you are interested in playing bingo or volunteering to serve on the bingo committee, please contact your local center.

Drop-In Activities

All centers offer a wide variety of drop-in activities that are free of charge. Typically, centers will offer bridge, cards, table-tennis, choir, crafts, clubs, line dancing, ballroom dancing, drama, tennis, billiards and gardening. Look under your local center to see what specific drop-in activities are offered.

Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program, available at all centers (see Senior Service Directory on page 11) is free of charge. Trained counselors will assist you with Medicare, Medi-Cal, supplemental insurance "D" prescription drug coverage and long-term care insurance information or issues. Counselors can also help you fill out claim forms. Please call your local center for an appointment.

Income Tax Preparation and Home Owners and Renters Assistance

Trained volunteers are available at your local center by appointment to prepare your Federal and State income tax or fill out your Home Owners and Renters rebate paperwork. Call your local center for an appointment (see Senior Center Service Directory on page 11). If you are interested in becoming a volunteer tax counselor, please call the Office on Aging at 408-979-7906 for training information.

Information Hot Line

As part of the Older Adult Resource Program, Office on Aging operates an information and assistance hotline (408-979-7911) Monday thru Friday from 9:00am-5:00pm. Staff is available to answer questions about resources, programs and services. Thirty-minute counseling sessions are also offered (free service).

Membership Cards

All centers offer a membership program for \$10 per year. Members receive additional benefits by joining their center which may include discounts to monthly special events, free pancake breakfast or BBQ, access to an entertainment library and much more. Membership money directly supports the programs and activities offered at your center.

We create community through People, Parks & Programs

**Newcomers' Orientation**

Each month a Newcomers' Orientation is held to provide an overview of the programs and services offered at each center. Most centers include a tour, free luncheon and an opportunity to meet staff and ask questions. Check with your local center for the day and time of its Newcomers' Orientation.

Older Adult Resource Program

Older Adult Resource Specialists visit each community or senior center once a week to provide information and linkage to services and resources that promote independent living. The Specialist will work with the senior and/or their family to identify needs through an assessment process (can be conducted in the senior's home). Specialist will assist with reviewing options and coordinating resources to meet identified needs. See the Senior Center Service Directory (page 11) for local center appointment. Contact 408-979-7904.

Retired and Senior Volunteer Program (RSVP)

RSVP provides older adults (age 55+) with opportunities to volunteer at sites throughout the San José area including senior centers, libraries and hospitals. Volunteers serve without compensation, but may be reimbursed for certain expenses such as mileage. All volunteers are covered by accident and liability insurance. The RSVP program also offers free income tax preparation assistance and home owners and renters assistance (described under Income Tax Assistance). Contact the Office on Aging at 408-979-7906 for further details.

Senior Adult Legal Assistance (SALA)

SALA provides legal assistance by trained counselors for seniors aged 60 and over at most centers. Appointments are available by contacting your local center. Counselors can help you with Durable Power of Attorney, elder abuse, Social Security or SSI issues and simple wills.

Senior Citizens Commission

The fifteen member commission is appointed by City Council and advises the Mayor and City Council on matters of importance to San José seniors including housing, transportation, health and safety. The public is invited to attend the monthly meeting held the second Thursday of every month from 1:30-4:30pm. Contact 408-979-7915 for further details and locations of the meeting.

Senior Companion Program (SCP)

The Senior Companion Program recruits and trains seniors aged 60+ to become companions to other elders who are homebound or in frail health. A Senior Companion volunteers 20 hours per week and receives a stipend. Senior Companion clients are elders who are at risk of becoming institutionalized without outside assistance. If you are interested in the SCP, please contact 408-979-7904.

Transportation

Transportation is available to most centers by City Van and/or by the VTA Paratransit Outreach program at no charge. Please contact your local center for details.

Transportation Discount Tickets: Flash Pass & BART

Most centers offer BART tickets to those aged 65+. Each \$9 ticket is good for \$24 worth of BART rides. In addition, the VTA Monthly Flash Passes (unlimited monthly rides on County transit buses and light rail) are available to seniors over age 65 for \$26.

Vial of Life

The Vial of Life kit enables emergency responders to quickly locate medical information about you in case you are unable to speak for yourself. A small vial stored in your refrigerator and glove compartment provides all you pertinent medical information. Paramedics, Police and Firefighter are trained to look for the Vial of Life sticker on your refrigerator or glove compartment. Pick up your Vial of Life from your local center.

City of San José - Office on Aging

**SENIOR
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Highest Safety Ratings

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reservation dates:**

call (800) 955-2877

www.frontiertraveltours.com/sanjose



Office on Aging continues on next page



Senior Center Service Directory

SERVICES	Alma 275-1315	Almaden 268-1133	Alviso 586-7621	Berryessa 251-6392	Cypress 244-1353	Evergreen 270-2220	Gardner 279-1498	Hank Lopez 926-3895	Iola Williams 292-6592	Kirk 269-0214	Northside 277-2686	Southside 629-3435	St. James 277-4194	Willows 448-6400
Office Hours	M-F 9:00am-3:00pm	M-F 8:00am-5:00pm	M/W 9:00am-12:00pm	M-F 9:00am-5:00pm	M-F 9:00am-4:00pm	M-F 8:30am-4:00pm	M-F 9:00am-5:00pm	M-F 9:00am-4:00pm	M-F 9:00am-4:00pm	M-F 9:00am-4:00pm	M-F 9:00am-5:00pm	M-F 8:30am-4:30pm	M-F 9:00am-4:00pm	M-F 8:30am-4:00pm
BART \$9.00				Yes	Yes	Yes				Yes			Yes	Yes
Bus Lines	82	63	58	64	23	31	64 Light Rail	70	26, 72	63		27,68,66 Light Rail	22,23,72, 73,80,82, Light Rail	26,64
Bingo	F 1:00pm			Th 1st, 3rd & 5th 1:00pm	Th 1:00pm	T 1:15pm	W 1:00pm	Th 1:30pm	F 12:30pm			T 1:30pm		
Blood Pressure	W 10:00am	Call			Call	Th 4th 10:30-11:30am		Coming Soon	F 10:30am-12:00pm			F 10:30am-12:00pm	Th 10:30am	Th 10:30am
Brown Bag	W 8:00-9:00am				W 10:00-11:00am			F 9:00-10:30am	F 9:30-11:00am			Th 9:30-11:00am		
Older Adult Resource Specialist	T 2nd, 4th 11:00am-1:00pm	F 9:00-11:00am		M 11:00am-1:00pm	Th 9:00-11:00am	F 11:30am-1:00pm	W 1st, 3rd 11:00am-1:00pm	Th 9:00-11:00am	Last Wed 10:00am-12:00pm	M 10:00am-12:00pm		W 10:00am-12:00pm	Call	T 10:00am-12:00pm
Dances	W & Th 1:00-3:00pm			Yes Call	T 1:15pm		Yes Call	2nd, Last Wed 1:00-3:00pm	Th 1:30-3:00pm	M 2:00pm	Su 1:00pm	Th 1:30-3:00pm	M-F 1-3 Sat 10:00am-2:00pm	W 1:30pm
Transit Flash Pass \$20.00					Yes			Yes			Yes	Yes	Yes	Yes
Gift Shop												M-F 10:00am-2:00pm		M-F 10:00am-2:00pm
HICAP 296-8290	Call	Th 3rd 9:30-11:30am				Th 2nd 12:30-2:30pm			Last Th 10:00am-12:00pm	Call		T 9:15am-12:00pm	Th 2nd, 4th	W 2nd, 4th 10:00am-12:00pm
Senior Nutrition Lunch Reservations	M-F 12:00pm	M-F 12:00pm	M, W 11:30am	M-F 12:00pm	M-F 11:45am	M-F 12:00pm	M-F 12:00pm	M-F 12:00pm	M-F 12:00pm	M-F 12:00pm	T,W,Th,Sa 12:00pm	M-F 12:00pm	M-F 12:00pm Sat 11:30am	M-F 11:30am
SALA Legal Assistance 295-5991	1st M 11:00am-1:00pm	2nd T 9:30-11:30am		3rd M 9:30-11:30am	1st T 9:30am-12:00pm	3rd F 9:30-11:00am	Call	2nd T 9:00-11:00am	3rd M 10:30am	4th T 9:30-11:30am		2nd F 1:00-3:00pm	1st, 3rd F 9:30-11:30am	1st Thu 9:30-11:30am

Alma Senior Center

136 West Alma Ave., San José 95110

Senior Center Phone: 408-275-1315

Senior Center Fax: 408-294-0478

Contact: Ralph Molica

Email: ralph.molica@sanjoseca.gov

Bus Lines: 82

Types of Programs: Senior programs, senior nutrition, and special events.

PROGRAMS

Alma Senior Program

Alma Senior Program offers a detailed monthly activity listing of all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

Advisory Council

The Alma Senior Advisory Council meets monthly on the 1st Tuesday of the month at 10:30am. The Alma Advisory Council is currently looking for two new officers and members.

Newcomers Orientation

New members to Alma are given a guided tour and an invitation to stay for lunch. For more information call 408-275-1315.

Important Park Numbers 408-793-5510

To report an emergency at a park

911* or **408-277-8911** from cell phones.

To report a non-emergency at a park

311* or **408-277-8900** from cell phones.

To report a maintenance concern at a park

408-793-5510.

To report a maintenance emergency at a park after hours

408-535-3500.

To inquire about sports field reservations

408-871-0827.

To volunteer at a neighborhood park, Adopt-A-Park

408-793-4190.

**Callers may ask to remain anonymous.*



Visit www.sjparks.org for current park information.

Nutrition Program

Reservations are required. Please call 408-288-8758 at least one day, but not more than two weeks, in advance.

Older Adult Resource Specialist

Free

Please make appointment by calling the center.

SALA (Senior Adult Legal Assistance)

Free

Every Tuesday of the month, appointments are available from 10:30am-12:30pm.

Weekly Schedule

Day	Class	Time
Monday	Exercise	10:45-11:45am
	Lunch	12:00pm
Tuesday	Crafts	10:00am- 12:00pm
	Billiards & Board Games	10:30-11:45am
	Guest Speaker	10:30-11:30am
	Case Management	10:30am-1:00pm
	Lunch	12:00pm
Wednesday	Brown Bag	8:00-10:00am
	Blood Pressure Check	10:00-11:30am
	Exercise	10:45-11:45am
	Lunch	12:00pm
	Line Dancing Lessons	1:00-3:00pm
Thursday	Billiards & Board Games	10:30-11:45am
	Birthday Celebrations	12:00pm
	Lunch	12:00pm
	Special Events & Celebrations	12:00-3:00pm
Friday	Exercise	10:45-11:45am
	Lunch	12:00pm
	Bingo	1:00-3:00pm





Almaden Senior Programs

6445 Camden Ave., San José 95120

Phone: 408-268-1133

Fax: 408-997-1222

Contact: Torie O'Reilly

Email: torie.oreilly@sanjoseca.gov

Bus Lines: 63

Types of Programs: Senior programs, senior nutrition, and special events.

PROGRAMS

Memberships

Senior Program memberships are \$10. You'll receive a membership card. Membership entitles you to discounts at special events and entry to members-only events. Membership lasts for one calendar year. Sign-up or renew now. January-December 2008.

Notary Service

Notary Service is available at the center M-Th. This is a free service for members (up to 3 signatures per year, additional signatures \$5 each). Cost for non-members is \$5 per signature. Seniors only. Please call ahead to make an appointment as the Notary may not be available for drop-ins.

SALA (Senior Adult Legal Assistance)

Free

Second Tuesday of each month, from 9:30-11:30am, by appointment only. SALA provides free legal advice, brief consultations and representation in a wide variety of matters to residents of Santa Clara County who are 60 years of age or older. Items covered by SALA include matters with Social Security, SSI, support services, elder abuse, housing, nursing homes, simple wills, and durable power of attorney for health care.

Older Adult Resource Specialist

Our Older Adult Resource Specialist service can provide home assessments, develop care plans, arrange support services and can provide on-going monitoring for seniors with multiple needs. This service is available on Friday mornings. Please call 408-979-7820 to make an appointment.

HICAP (Health Insurance Counseling Advocacy Program)

HICAP is available free of charge to answer your questions regarding Medical, Medicare and supplemental insurance. Help is provided with completing claim forms. Long-term care assistance is also available. Appointments are available the first Wednesday of each month. Call the office to make an appointment.

55 Alive Driving Classes

AARP 55 Alive driving classes are offered approximately five times each year. Class includes a refresher of driving skills. A certificate is provided upon completion of class which many insurance companies accept for a discount on rates. Cost for the class is \$10. Call the office to inquire about upcoming dates.

SeniorNet Learning Center of San José

SeniorNet's mission is to provide older adults education for and access to computer technology to enhance their lives and enable them to share their knowledge and wisdom. SeniorNet, a non-profit organization, teaches adults (age 50 plus) how to use computers and the Internet. Classes are designed for the beginner to the intermediate student with offerings changing every eight weeks. For more information on current offerings, call Don at 408-268-1703 or visit the SeniorNet website at www.snicsj.org/almaden.

Nutrition Program

Reservations are required. Please call 408-268-1133, at least one day in advance.

Weekly Schedule

Date	Class	Time
Monday	Morning Stretch	8:45am
	Feldenkrais	10:00am
	News and Views	10:30am
	Pinochle	12:30pm
	Chinese Brush Painting 1	1:00pm
Tuesday	Quicksilver Walking	8:00am
	Tai Chi	8:30am
	Genealogy 1	9:00am
	SALA (2nd week)	9:30am
	Open Art Studio	10:00am
	Intermediate Bridge	11:00am
	Spanish I	12:00pm
	Creative Writing	1:00pm
	Spanish II	2:15pm
Wednesday	Hikes for Health	8:30am
	Morning Stretch	8:45am
	ESL	9:45am
	Advisory Council (1st week)	9:45am
	Investment Club (2nd week)	10:00am
	Golf Lessons (begins 11/2)	11:00am
	On Our Own	12:00pm
	Craft Class	1:30pm
	Creative Arts	1:30pm

Visit us on the web at
www.sanjoseca.gov/prns or
 email us at PRNSinfo@sanjoseca.gov

**Weekly Schedule (continued)**

Date	Class	Time
Thursday	Quicksilver Walking	8:00am
	Golf	9:30am
	Beginning Bridge Lessons	9:30am
	HICAP (3rd week)	9:30am
	World Garden	10:00am
	Book Discussion (3rd week)	10:15am
	Belly Dancing Lessons	10:30am
	Lunch Group (1st week)	12:30pm
	Beginning Pinochle	12:30pm
	Preliminary Painting	12:30pm
	Photoshop Level I	1:00pm
Friday	Morning Stretch	8:45am
	Feldenkrais	9:30am
	Softball	10:00am
	Crochet and Knitting	10:00am
	Lip Reading	10:00am
	Yoga	10:45am
	Bridge and Gametime	1:00am
Saturday	Quicksilver Walking	8:00am
	Bowling	1:45pm

Berryessa Senior Programs**3050 Berryessa Rd., San José 95132****Phone:** 408-251-6392**Fax:** 408-251-7687**Contact:** Earlene Minnis**Supervisor:** Kendra Yarn**Bus Line:** 64**Types of Programs:** Senior programs, senior nutrition and special events.**PROGRAMS****Berryessa Senior Program**

Berryessa Senior Program offers a detailed monthly activity listing of all programs and services, including the nutrition menu. The information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those 50+, unless otherwise noted.

Berryessa Senior Center Membership

Senior Center Membership is \$10. You'll receive a membership card which entitles you to discounts at special events and entry to members-only events. Membership is valid for one calendar year, January-December.

Adult Education

The center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. The Fall Semester for Lifelong Learning Classes typically begins during the 3rd week of August.

Advisory Council

The Berryessa Senior Advisory Council meets the 2nd Monday of every month at 1:00pm.

Bingo

Bingo is offered every 1st, 3rd, and 5th Thursdays of the month from 1:00-4:00pm. Bingo is organized by volunteers and we are always looking for additional help.

Free Bread Program

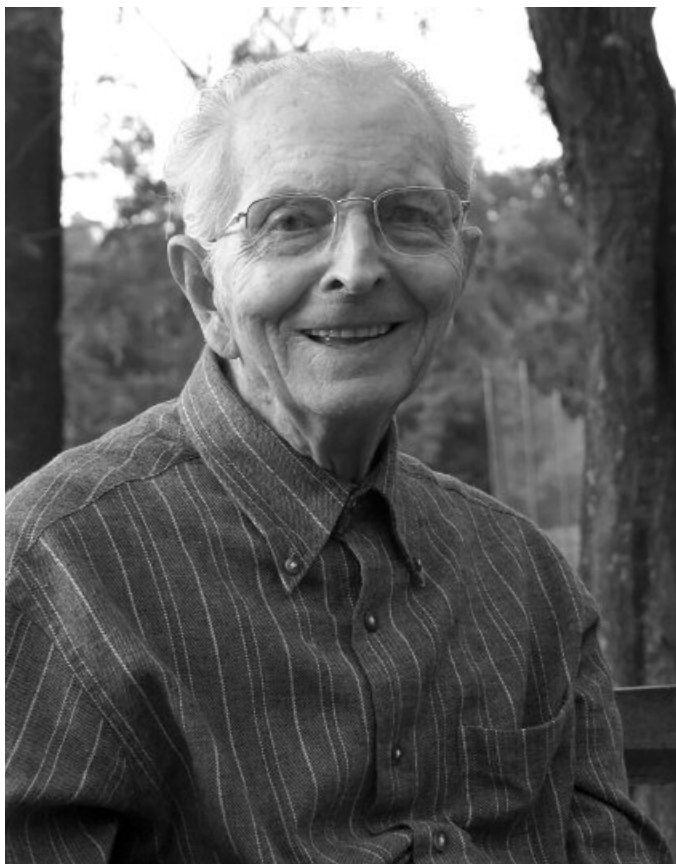
Every Monday, 9:00am and Thursday, 9:30am. Please bring your own plastic bag. (Schedule subject to change and is dependent upon bread availability.)

Nutrition Program

Reservations are required. Please call 408-251-4581, at least one day in advance, but no more than two weeks in advance.

Older Adult Resource Specialist

A representative from the Office on Aging is available every Monday from 11:00am-1:00pm. The Resource Specialist can assist seniors and their families in accessing community support services, housing and much more. The representative can also help in filling out forms.

Berryessa Senior Programs continues on next page



Parkinson Support Group

This group meets the 1st Wednesday of every month at 1:00pm. This meeting is open to anyone with Parkinson's disease and their family and friends.

Senior Adult Legal Assistance (SALA)

SALA is a free legal assistance program with counselors who can help with Durable Power of Attorney, elder abuse, Social Security or SSI issues and simple wills. It is by appointment only for residents of Santa Clara County who are 60 years of age or older. Appointments are on the 3rd Monday of every month from 9:30-11:00am. Please call 408-251-6392 to make an appointment.

Weekly Schedule

Date	Class	Time
Monday	English as a Second Language*	8:45am
	Body Conditioning*	10:00am
	Calligraphy*	12:50pm
	Expressive Movement*	2:00pm
Tuesday	Yuan Chi Dance (Int./Adv.)	8:30am
	English as a Second Language*	8:45am
	Trip Sales**	10:00am
	Hair Cuts	12:00pm
	Yuan Chi Dance (Beg.)	1:00pm
Wednesday	English as a Second Language*	8:45am
	California History*	12:30pm
	Expressive Movement*	1:15pm
Thursday	English as Second Language*	8:45am
	Self-Aerobics	9:00am
	Chinese Calligraphy*	10:00am
	Genealogy*	12:20pm
	Chinese Brush Painting*	12:50pm
	Bingo **	1:00pm
	Chinese Details Painting*	3:00pm
Friday	Tai Chi Fan, Sword, Chuan (Int.)	8:30am
	Basic Computers (Off-site) *	9:10am
	Tai Chi Fan, Sword, Chuan (Beg.)	9:30am
	Watercolor & Pastels*	9:50am
	Pinochle Club	12:30pm
	Mixed Media*	1:00pm
	Ballroom Dance	1:15pm

* Lifelong Learning Adult Education Classes

** 2nd, 4th Tuesdays

*** 1st, 3rd, 5th Thursdays

SPECIAL EVENTS

Holiday Arts and Crafts Fair

Presented by Berryessa Senior Advisory Council.

Saturday, November 15th, 10:00am-5:00pm

Sunday, November 16th, 10:00am-4:00pm

Cypress Senior Center

403 S. Cypress, San José 95117

Phone: 408-244-1353

Fax: 408-249-9460

Contact: Rhonda Vargas

Email: rhonda.vargas@sanjoseca.gov

Bus Lines: 23

Types of Programs: Fee classes, rental, senior programs, senior nutrition, and special events.

Programs are designed for those age 50+ unless otherwise noted.

Cypress Senior Center offers a monthly activity listing of all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+, unless otherwise noted.

PROGRAMS

Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The semester typically runs from late August to Mid December.

Advisory Council

The Cypress Senior Advisory Council meets monthly on the 3rd Tuesday of each month at 10:00am.

Cypress Senior Center Membership

Help support the Cypress Senior Center programs. Memberships help the Center offset the costs of events and programs. Memberships are valid from January-December 2008.

Health Insurance Counseling

Please call the Center for more information.

Newcomer's Orientation

Newcomer's Orientation is held the 2nd Wednesday of each month at 10:30am. Sign up for a reservation by calling the center office at 408-244-1353. Sign up in advance in the center office.

Nutrition Program

Reservations are required. Please call 408-241-5377 at least one day in advance, but not more than two weeks in advance.

Older Adult Resource Specialist

Free

The Older Adult Resource Specialist holds office hours at Cypress Senior Center every Thursday of each month from 9:00-11:00am. Please make an appointment by calling the center.

**Weekly Schedule**

Day	Class	Time
Monday	Video Exercise	9:00-10:00am
	Korean Choir	10:00-11:30am
	Scrapbooking	10:30am-1:30pm
	Nutrition	11:45am-12:15pm
	Painting Workshop	12:30-2:30pm
	Drop-in Bridge	1:00-4:00pm
	Tai Chi	1:45-3:15pm
Tuesday	Walking Group	9:00-10:00am
	General Conditioning Class	9:00-11:30am
	Nutrition	11:45am-12:15pm
	Video Movies	12:30-3:00pm
	Beg. Chair Exercise	12:30-1:30pm
	Korean Dancing	1:00-3:00pm
	Ballroom Dancing	1:15-3:15pm
Wednesday	Video Exercise	9:00-10:00am
	Low Vision Support Group (3rd Wed)	9:30-11:30am
	Phil's Trio	9:30am-12:00pm
	Brown Bag	10:15-11:00am
	Newcomer's Social (2nd Wed)	10:00-11:30am
	Hearing Impaired Group (1st & 3rd Wed)	10:30am-3:00pm
	Nutrition	11:45am-12:15pm
	Bridge	12:00-3:30pm
	Memoir Writing Group	1:00-3:30pm
	Square Dance	1:30-3:30pm
Thursday	Senior Resource Program	9:00-11:00am
	General Conditioning Class	9:00-11:30am
	Dominos Group	10:00-11:30am
	Blood Pressure (1st, 3rd & 5th/Mo.)	11:00-11:30am
	Nutrition	11:45am-12:15pm
	Haircuts	12:00-1:00pm
	Canasta	12:00-3:00pm
	Beg. Chair Exercise	12:30-1:30pm
	Handwork for Others	1:00-3:00pm
	Stitchery	1:00-3:00pm
Friday	Bingo	1:00-3:00pm
	Walking Group	9:00-10:00am
	Poker	9:30-11:30am
	Duplicate Bridge	10:00am-2:00pm
	Nutrition	11:45am-12:15pm
	Bridge	12:00-3:30pm

Senior Adult Legal Assistance**Free**

SALA is at the center the 1st Tuesday of each month from 9:30-11:30am. Please make an appointment by calling the center.

SeniorNet Learning Center of San José

Call the center at 408-244-1353 for information and registration dates.

Bingo

Thursday 1:00-3:00pm. Bingo is completely run by volunteers and we're always looking for additional help. Call to volunteer.

Haircuts**Free**

Yuli Tan volunteers to cut hair for both men and women on Thursdays, 12:00-1:00pm. Appointments for Seniors only. Call the center office. Please shampoo your hair before the appointment. Tips are welcome.

Notary Service**\$5/Signature**

Held the 3rd Wednesday of the month, 1:00-2:00pm, by appointment only. Ida Denton. Call the center for an appointment.

Square Dance (Beginning)**3 weeks \$14.25**

This class meets the first 3 Wednesdays of the month. If you like to square dance or want to learn to square dance, this class is for you.

Instructor: Woods

Course #	Day	Date	Time	Age	Loc
256.2.722	W	Ongoing	1:30-3:30pm	50+	CS

Water Color**\$89**

Enjoy the wonderful world of painting by exploring the flowing medium of watercolor. See and translate the world around you in a easy and satisfying process. Each student may choose from a great selection of resource material provided by the instructor. You may complete 3-5 paintings in this course. All levels and experiences encouraged. The instructor will be working with each student one-on-one. A list of materials will be provided after you register.

Instructor: Le Baudour

Course #	Day	Date	Time	Age	Mtg.	Loc.
294.2.835	W		6:00-8:00pm	18+	8	WSJ

SPECIAL EVENTS**Grandparent's Day @ Nutrition**

September 9 · 11:45am

Halloween Party & Dance

October 31 · 1:00-3:00pm

Thanksgiving Dinner @ Nutrition

November 21 · 11:45am

For More Information Call Cypress Senior Center 408-244-1353.



Evergreen Senior Programs

4860 San Felipe Rd., San José 95135

Phone: 408-270-2220

Fax: 408-223-6063

Supervisor: Angie Alfaro

Email: angie.alfaro@sanjoseca.gov

Bus Lines: 31

Types of Programs: Senior programs, senior nutrition and special events.

PROGRAMS

Evergreen Senior Program

Evergreen Senior Program offers a detailed monthly activity listing of all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

Adult Education

The center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. The fall classes begin during the 3rd week in August. Pick up an Adult Education class guide at the center.

Advisory Council

The Evergreen Senior Advisory Council meets monthly on the 3rd Thursday of the month at 9:30am.

Bingo

\$5-\$10

Bingo is offered every Tuesday from 1:15-3:30pm. Bingo is organized by volunteers and we are always looking for additional help.

Health Insurance Counseling (HICAP)

Trained volunteers provide counseling services by appointments on 2nd Thursday of the month. For appointments, call 408-270-2220.

Nutrition Program

Reservations are required. Please call 408-270-1244 at least one day in advance, but not more than two weeks.

Senior Adult Legal Assistance (SALA)

Appointments are offered the 3rd Friday of each month at Evergreen. For appointments, call 408-270-2220.

Weekly Schedule

Date	Class	Time
Monday	Expression Movement	8:45-9:45am
	Chinese Brush Painting	9:45am
	Dynamic Exercise Class	10:00-11:45am
	Nutrition	12:00pm
	Drop-In Bridge	1:00-3:30pm
Tuesday	Beg. Spanish	9:00am
	Spanish	9:30-11:00am
	Spanish (Int.)	10:30am
	Nutrition	12:00pm
	Mixed Media Art	12:00-3:30pm
	Bingo	1:15pm
Wednesday	Yoga	8:30am
	Chinese Calligraphy	10:00am
	Body Conditioning	10:00-11:15am
	Nutrition	12:00pm
	Singing	12:45-2:15pm
	Inter. Line Dance	1:00pm
	Quilting Group	1:00-3:30pm
	Inter. Tai Chi	3:00pm
Thursday	Healthy Lifestyle Exercise	8:30am
	Adapted Exercise	10:00am
	Haircuts	10:00am
	(4th Thurs. of each month)	
	Blood Pressure Checks	10:00am
	(4th Thurs. of each month)	
	Nutrition	12:00pm
	Notary Service	1:00pm
	Evergreen Singers	1:00pm
Friday	Literature	1:00pm
	Body Conditioning	10:00-11:15am
	Crafter who Care	10:00am-12:00pm
	(2nd & 4th Fri. of the month)	
	Older Adult Resources	11:30am-1:00pm
	Nutrition	12:00pm
	Feldenkrais	1:30pm

Senior Trip Program

Frontier Travel and Tours run the senior trip program at Evergreen Senior Program. We have day trips and overnight trips, so come by the center and pick up the trip flyers and go on some trips. Our trips go on sale on Mondays from 10:00am-12:00pm. For information on the trips, you may call 1-800-955-2877.

ANTI-DISCRIMINATION POLICY

It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination in City's programs against any person on the basis of race, sex, color, age, religion, sexual orientation, actual or perceived gender identity, disability, ethnicity, or national origin. It is the City's policy/goal to expand opportunities for people with disabilities to participate in City services, programs and facilities.

**SPECIAL EVENTS****Pasta Dinner and Dance \$5/Mems and \$10/Non-Mems**

A pasta dinner will be followed by great dance music. Sign up in the front office.

Day	Date	Time	Age	Loc.
Sa	9/20	4:00pm	50+	Ev

Spooktacular Fun

\$2 sug. donation for those 60 and older/\$5 for those 59 and younger

Join us for Halloween games and costume contest. Sign up in the Nutrition Program.

Day	Date	Time	Age	Loc.
F	10/31	11:15am	60+	Ev

Fall Fashion Show \$2/Mem and \$5/Non-mems

Gloria's Fine Fashions will feature their latest Fall attire, followed by desserts/pastries and beverages. Sign up at the front office.

Day	Date	Time	Age	Loc.
Th	11/13	1:30pm	50+	Ev

Nutrition Thanksgiving Celebration

\$2 sugg. donation for those 60 and older/\$5 for those 59 and younger

Entertainment will be followed by a delicious turkey dinner with all the trimmings. Sign up in the Nutrition Program.

Day	Date	Time	Age	Loc.
W	11/26	11:00am	60+	Ev

Member's Breakfast FreeMems/\$2 Non-mems

Enjoy a hearty breakfast with Center friends. Sign up at the front office.

Day	Date	Time	Age	Loc.
Sa	12/13	10:00am	50+	Ev

**Gardner Senior Programs**

520 W. Virginia St., San José 95125

Phone: 408-279-1498

Fax: 408-277-4640

Contact: Nasario Gutierrez

Email: nasario.gutierrez@sanjoseca.gov

Bus Lines: 64 and Light Rail

Types of Programs: Senior nutrition

PROGRAMS**Gardner Senior Program**

Gardner Senior Program offers a detailed monthly activity listing of all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding Citywide Aging Services. Programs are designed for those age 50+, unless otherwise noted.

Pool Room for Seniors

9:00am-12:00pm Mon-Fri

Nutrition Program**\$2/\$5 Suggested Donation**

Reservations are required. Please call 408-279-1498, at least one day in advance, to reserve your meal. We serve lunch Monday-Friday at 12:00pm. Suggested donation is \$2 per senior and \$5 guest fee per adults under 60. A monthly menu is available at the center.

Ceramics Club

Every Friday 10:00am-1:00pm. Must provide your own supplies.

Senior Nutrition Committee Meeting

Held on the 2nd Tuesday of the month, 11:30am-12:00pm.

The purpose of the senior nutrition committee meeting is to allow senior participants to work together with the staff to provide a quality senior nutrition program.

Daily Transportation

The Gardner Senior Program offers free van service to participants that live within a three-mile radius of the center. We require that you call 408-279-1498, one day in advance, in order to be added to the transportation pick up list. Outreach Transportation is also available for those who qualify. Please see Marciano or Sylvia for details.

Older Adult Resource Specialist

First 3 Wednesdays of the month 11:00am-12:30pm. Please call ahead of time to schedule an appointment.

**Cumbia Exercise Club****Free**

Every Tuesday and Friday at 11:30am. Join us as we dance Cumbia style for exercise, for health and for fun!

Ranchara Exercise Club – Wednesday · 11:30am

Beginning Spanish**Free**

Mondays 10:30-11:30am. Begins 9/17

Arts and Crafts**Free**

Wednesdays 10:00-11:30am. Begins 9/19

Weekly Schedule

Date	Class	Time
Monday	Beginning Spanish	10:30-11:30am
	Exercise w/Video	11:00am
	Nutrition	12:00-12:30pm
	Video Movie	12:30pm
	Guitar Class	3:00pm
Tuesday	Knitting Club	10:00am-1:30pm
	Cumbia Exercise	11:30am
	Game Room Activities	10:00-11:45am
	Pokeno	12:30pm
	Karaoke Club	12:30pm
	Nutrition	12:00-12:30pm
Wednesday	Arts and Crafts	10:00-11:30am
	Knitting Club	10:00am-1:30pm
	Exercise w/Video	11:00am
	Older Adult Resource Specialist	11:00am-12:30pm
	Ranchara Exercise Club	11:30am
	Nutrition	12:00-12:30pm
Thursday	Bingo	12:30-2:00pm
	Walking Club	10:00am
	Sewing	10:00am-2:00pm
	Exercise w/Video	11:00am
	Nutrition	12:00-12:30pm
Friday	Pokeno	12:30pm
	Walking Club	10:00-11:00am
	Ceramics	9:30am-12:00pm
	Cumbia Exercise	11:30am-12:00pm
	Nutrition	12:00-12:30pm
	Loteria	12:30-2:00pm
	Computer Class	12:30-1:30pm

SPECIAL EVENTS

Birthday celebrations are on the last Wednesday of each month. Live music provided by Group Mysteco.

Hank Lopez Senior Programs

1694 Adrian Way, San José 95122

Phone: 408-251-2850

Fax: 408-923-5215

Supervisor: Ed Solis

Email: ed.solis@sanjoseca.gov

Contact Person: Amy Barnwell

Email: amy.barnwell@sanjoseca.gov

Bus Lines: 70

Types of Programs: Senior programs and senior nutrition

PROGRAMS**Hank Lopez Senior Program**

Hank Lopez Senior Program offers a detailed monthly activity listing of all programs and services, including a nutrition menu. This information can be obtained by visiting the center. Refer to pages 14-16 for program descriptions and additional information regarding Citywide Aging Services. Programs are designed for those age 50+ unless otherwise noted.

Adult Education

The center offers a wide variety of Adult Education classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the center. The Fall Semester typically runs from early September to mid-December, while the Spring Semester runs from mid-January to May.

Advisory Council

The Hank Lopez Senior Advisory Council meets monthly on the 2nd Wednesday of the month at 11:00am.

Bingo

Bingo is offered every Thurs from 1:30-3:30pm. Bingo is organized by volunteers, and we are always looking for additional help. The Bingo Committee meets on the last Wed of each month at 10:15am.

Computer Class

East Side Adult Education will instruct this weekly class in beginning computers. Please call to sign up for the next available class. If class is full, have your name placed on the waiting list for future classes. No walk-ins. Classes can only accommodate 14 students. You must commit to the entire session to be accepted for classes.

Computer Open Lab

Mons · 1:00-4:00pm, Tues-Fris · 9:00am-4:00pm. Our computer lab has 14 computers available for Internet research, document production and email. Use of computers is by appts only. See Amy Barnwell.

Ceramics

Hank Lopez offers ceramic molds and the use of the kiln to senior program members on Weds, 9:00-11:00am. We are currently seeking new ceramics students. Contact Amy Barnwell for more info.

Exercise Gym (Mini)**Free**

Treadmill and Stationary Bike available daily 8:30am-4:00pm.

**Weekly Schedule**

Day	Class	Time
Monday	Computer Open Lab	9:00am-4:00pm
	Video Exercise	10:15-11:00am
	Knitting Club	10:00-11:00am
	Movie (Every Mon. of the month)	12:30pm
	Computer Open Lab	1:00-4:00pm
Tuesday	Computer Open Lab	9:00am-4:00pm
	Scrap Book Class (\$8 Fee)	9:00-11:00am
	Walking Club	10:15am
	Knitting Club	10:00-11:00am
	Loteria (Mexican Bingo)	12:30-1:30pm
Wednesday	Computer Open Lab	9:00am-4:00pm
	Ceramics	9:00-11:00am
	Knitting Club	10:00-11:00am
	Video Exercise	10:15-11:00am
	Sewing Class	1:00-2:30pm
Thursday	Computer Class	9:30-11:30am
	Jewelry Making	9:30-11:30am
	Knitting Club	10:00-11:00am
	Walking Club	10:15am
	Bingo	1:30-3:30pm
Friday	Computer Open Lab	9:00am-4:00pm
	Knitting Club	10:00-11:00am
	Video Exercise	10:15-11:00am
	Country Western Line Dance	1:00-3:00pm

**Sewing Class (Beg) - *New*****\$10****Meet Wednesdays, 9/17-10/22 • 1:00-2:30pm.** *Instructor: Teresa*

This class is for all levels of sewing ability. Learn basic sewing skills and use your creative imagination to make a variety of projects. Items such as a Pillow, Tote Bag, Apron for example. We will provide easy to use sewing machines, and assist with cutting patterns, you may also just need to mend, hem or make a repair to your clothing. We can help you. Come Join in on the Fun!

Mexican Folkloric Dance Class – Postponed until Winter 2009

Come join the fun in this highly energetic class at Hank Lopez! This is a great way to exercise while learning a new form of dance. Classes are on Tuesdays and Thursdays from 10:30-11:30am.

Nutrition Program**\$2 Suggested Donation/\$5 Fee**

Nutritious meals are served Monday-Friday at 12:00pm. Suggested donation of \$2 for seniors 60+ and \$5 guest fee for adults under 60. Reservations are required. **Please call 408-926-3895 to make a reservation.** A monthly menu is available at the center.

Jewelry Making - *New***\$10****Meet Thursdays, 9/16-10/21 • 9:30-11:30am.** *Instructor: Frances*

In this class, individuals learn to make beautiful, unique and eye-catching beaded jewelry. Jewelry making techniques are demonstrated and taught using special tools and materials. Unique designs are created using a variety of beads. Materials will be provided for the first class. Additional materials will need to be purchased by participants for future classes.

Scrapbooking Club**\$8**

This fast growing trend is easy to learn. Bring your pictures. We'll help you get started in making memorable photo albums Tuesdays from 9:00-11:00am.

SPECIAL EVENTS**Holiday/Birthday Dance \$3 Members/\$4 Non-Members**

Day	Date	Time	Age	Loc.
Last Wed. of Month		1:00-3:00pm	50+	HL

Special Breakfast**\$2**

Day	Date	Time	Age	Loc.
2nd & 4th Wed. of Month		8:30-10:00am	All	HL

2nd Annual Italian Festival**\$4 Mems/\$5 Non-Mems**

Day	Date	Time	Age	Loc.
T	10/14	12:00-1:00pm	50+	HL

Halloween Party**\$3 Mems/\$4 Non-Mems**

Day	Date	Time	Age	Loc.
F	10/31	12:00-4:00pm	50+	HL

Community Thanksgiving Dinner

Day	Date	Time	Age	Loc.
W	11/19	3:00-5:00pm	All	HL



Iola Williams Senior Programs

2072 Lucretia Ave., San José 95122

Phone: 408-292-6592

Fax: 408-277-3710

Supervisor: Carolyn Johnson

Email: carolyn.johnson@sanjoseca.gov

Bus Lines: 72 and 26

Types of Programs: Senior programs, senior nutrition and special events

Iola Williams Senior Program offers a detailed monthly activity listing of all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+, unless otherwise noted.

PROGRAMS

Adult Education

The center offers a wide variety of Adult Education classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the center. The Fall semester typically runs from early September to mid-December, while the Spring semester runs from mid-January to June.

Advisory Council

The Iola Williams Senior Advisory Council meets every 3rd Monday of the month at 10:00am.

Bingo

Bingo is offered every Friday from 12:30-3:00pm. Bingo is organized by volunteers, and we are always looking for additional help.

Nutrition Program

\$2/\$5 Suggested Donation

Reservations are required. Please call 408-292-6592 at least one day in advance, but not more than two weeks. Donations of \$2 for seniors 60 plus and \$5 charge under 60 yrs of age.

Memberships

Senior Program memberships are \$10. You'll receive a membership card, which entitles you to discounts at special events and entry to members-only events. Membership is valid for one calendar year. Sign up or renew now.

Senior Adult Legal Assistance (SALA)

Free

SALA is at the center on the 3rd Monday of the month from 10:30am-12:30pm. Please make an appointment by calling the center.

Weekly Schedule

Day	Class	Time
Monday	Drop-in Mah Jong	9:00am-3:00pm
	Drop-in Cards, Dominoes, Pinochle	9:00am-3:00pm
	Doll Making	10:00-12:00pm
	Lunch	12:00pm
	Memory Writing, Storytelling	12:30-2:30pm
Tuesday	Computer	9:00-11:00am
	Drop-in Cards, Dominoes, Pinochle	9:00am-3:00pm
	Drop-in Mah Jong	9:00am-3:00pm
	Body Conditioning	10:00am-12:00pm
	Chinese Brush Painting	10:00am-12:00pm
	Sewing	10:00am-12:00pm
	Bridge	10:00am-3:00pm
	Lunch	12:00pm
	Claycreations	12:00-3:00pm
Wednesday	Yuan Chin Dance	9:00-10:00am
	Drop-in Mah Jong	9:00am-3:00pm
	Drop-in Cards, Dominoes, Pinochle	9:00am-3:00pm
	Chinese Karaoke	10:00am-12:00pm
	Lunch	12:00pm
Thursday	Bridge	9:00am-3:00pm
	Drop-in Mah Jong	9:00am-3:00pm
	Drop-in Cards, Dominoes, Pinochle	9:00am-3:00pm
	Healthy Lifestyle Walking	10:00am-12:00pm
	Watercolor	10:00am-12:00pm
	Lunch	12:00pm
	Soul Line Dance	1:30-3:00pm
Friday	Brown Bag	9:30-11:00am
	Drop-in Mah Jong	9:00am-3:00pm
	Drop-in Cards, Dominoes, Pinochle	9:00am-3:00pm
	Yuan Chin Dance	9:00-10:00am
	Lunch	11:45am
	Chinese Karaoke	10:00am-12:00pm
	Play Bingo	12:30-3:00pm

SPECIAL EVENTS

Halloween Costume Party

Thursday, October 30 · 11:00am

Self-Help Thanksgiving Celebration

Wednesday, November 26 · 12:00pm

Holiday Party

Saturday, December 6 · 5:00-9:00pm

Kirk Senior Programs

1601 Foxworthy Avenue, Room 18
San José 95118

Phone: 408-269-0214

Fax: 408-269-0632

Contact: Melissa Monsees

Email: melissa.monsees@sanjoseca.gov

Bus Lines: 63

Types of Programs: Senior programs, senior nutrition and special events

Kirk Senior Programs offers a detailed monthly activity listing of all programs and services, including a nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+, unless otherwise noted.

Senior Office Phone: 408-269-0214

PROGRAMS

Free Tax Assistance in February thru March.

AARP Defensive Driving Classes at Kirk \$10

Call for dates and times.

Adult Education

The center offers a wide variety of Adult Education classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the center.

Advisory Council

The Kirk Senior Advisory Council meets every 1st Tuesday of the month at 9:30am.

Kirk Café-Senior Nutrition Program

Reservations are required. Please call 408-448-9591 at least one day in advance, but not more than two weeks.

Senior Services

These basic services are free for seniors. Some by appointment only. Call center for more information.

- SALA (Senior Adult Legal Assistance)
- Free Blood Pressure Checks
- Book/Video Library
- Older Adult Counselor
- Free Haircuts

Trips

Kirk offers a variety of day and overnight travel opportunities.

Weekly Schedule

Day	Activity	Time
Monday	Drop In Bridge	9:00-11:00am
	Tai Chi (Camden)	9:00-10:00am
	Photoshop Elements	9:30-11:30am
	Yoga	10:00-11:00am
	Older Adult Counselor	10:00-11:30am
	Lunch	12:00pm
	Adv. Photo Shop Elements	12:00-2:30pm
	Duplicate Bridge	12:45-4:00pm
	Table Tennis (Houge)	1:00pm
	Ballroom Dancing	2:00-3:30pm
Tuesday	Aerobics	8:00-9:00am
	Aerobics	9:00-10:00am
	Current Events Group	9:00-11:00am
	Free Haircuts	9:30-11:00am
	Photoshop Elements	9:30-11:30am
	Advisory Council Mtg. (1st)	9:30-11:00am
	SALA (4th)	9:30-11:00am
	Table Tennis (Houge)	9:30am
	Line Dancing	10:15-11:45am
	Lunch	12:00pm
	Adv. Photo Shop Elements	12:00-2:30pm
	Duplicate Bridge	12:45-4:00pm
	Cribbage	1:00-3:00pm
	Feldenkrais	1:30-2:30pm
	Photography	2:30-4:30pm
Wednesday	Drop In Bridge	9:00am
	Tax Assistance (Feb-Apr)	9:00am-12:00pm
	Practice Bridge	9:00-11:00am
	Quilting	9:00-11:30am
	Knitting and Crocheting	9:00-11:00am
	Free Tax Assistance · February-April	9:00am-12:00pm
	Lunch	12:00pm
	Genealogy	1:30-4:00pm
	Music Appreciation	2:00-4:00pm
Thursday	Aerobics	8:00-9:00am
	Aerobics	9:00-10:00am
	American Literature	9:15-11:30am
	Creative Writing	9:30-11:30am
	Computer Class	9:30-11:30am
	Tap Practice	10:15-11:15am
	Lunch	12:00pm
	Kirk Silver Singles (2nd & 4th)	12:00-2:00pm
	Duplicate Bridge	12:30-4:00pm
	Computer Class	1:00-3:00pm
Friday	Painting	9:00am-12:00pm
	Drop-In Bridge	9:00am-3:00pm
	Computer Class	9:30-11:30am
	Table Tennis (Houge)	9:30am
	Lunch	12:00pm
	Mah Jong	1:00-3:00pm
	Computer Class	1:00-3:00pm
	Mindfulness Meditation	2:15-3:15pm



“JTS” Northside Senior Programs

488 N. 6th St., San José 95112

Phone: 408-277-2686

Fax: 408-277-2687

Supervisor: Dan Greeley

Email: dan.greeley@sanjoseca.gov

Contact: Dora Liou

Email: dora.liou@sanjoseca.gov

Bus Line: 11

Types of Programs: Senior programs, senior nutrition and special events

OFFICE HOURS

Sunday–Thursday 9:00am–5:00pm

Saturday open for events only

“JTS” Northside Community Center offers a detailed monthly activity listing of all programs and services, including a nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

PROGRAMS

Advisory Council

The “JTS” Advisory Council meets monthly on the 4th Thursday of the month at 11:00am.

Senior Nutrition Program

Sunday to Thursday, 12:00-1:00pm, \$2 donation suggs. for age 60 or above, \$5 for age under 60 of age.

Please make reservation by calling 408-277-2686

Game Room

Sunday–Thursday, 10:00am–2:00pm

Social Dance

Every Sunday, 1:00–4:00pm, \$2 Admission fee per person.

Veteran’s Services

Assistance and referrals for federal and state veteran’s benefits, counseling services, and community activities.

Case Management Services

Support services, assistance and care are provided for seniors needing social service benefits.

Health Insurance Counseling (HICAP)

Please call center to make appointment.

Blood Pressure Check

By Students of College of Nursing, San Jose State University. Every Tuesdays, 10:00–11:30am. (in the Spring and Fall Semesters)

Distribution of Bakery Goods

Donated bakery goods are free to senior program participants.

VTA Bus Pass

\$20

Weekly Schedule

Day	Activity	Time
Monday	Game Room	10:00am-4:00pm
	Karaoke	10:00am-12:00pm
	Lunch	12:00-1:00pm
Tuesday	Game Room	10:00am-4:00pm
	Conversational English	10:30am-12:00pm
	Light Exercise	11:30am-12:00pm
	Lunch	12:00-1:00pm
	Line Dance**	1:00-3:00pm
	Ballroom Dance	3:00-4:00pm
	Hula Dance	4:00-4:40pm
Wednesday	Game Room	10:00am-4:00pm
	Yoga/Stretch Class	9:00-11:00am
	Karaoke	10:00-11:00am
	Let’s Play Wii (upon request)	11:00am-12:00pm
	Taichi	11:00-11:30am
	Light Exercise	11:30am-12:00pm
	Lunch	12:00-1:00pm
	Cooking Class*	1:30-4:30pm
Thursday	Game Room	10:00am-4:00pm
	Conversational English	10:30am-12:00pm
	Karaoke	10:00am-12:00pm
	Light Exercise	11:30am-12:00pm
	Lunch	12:00-1:00pm
	Line Dance***	1:00-2:30pm
Sunday	Game Room	10:00am-4:00pm
	Lunch	12:00-1:00pm
	Social Dance**	1:00-4:00pm

* Cooking Class: \$25 for 4 weeks per person, There must be a minimum of 7 participants in the class.

** Line Dance: 50¢/per person/per class.

*** Social Dance: \$2 admission fee per person.

SENIOR CLASSES

Game Room

Sundays-Thursdays, 10:00am-2:00pm

Free

Light Exercise

Tuesdays, Wednesdays & Thursdays, 11:30am-12:00pm

Free

Hula Dance

Tuesdays, 4:00-4:40pm

Free

Tai Chi Class

Wednesdays, 11:00-11:30am

Free

Yoga/Stretch Class Wednesdays, 9:00-11:00am	Free
Karaoke Mondays, 10:00am-12:00pm Wednesdays, 10:00-11:00am Thursdays, 10:00-11:30am	Free
Let's Play Wii Wednesdays, 11:00am-12:00pm	Free
Basic Ballroom Dance 3:00-4:00pm	Free
English Conversation Tuesdays & Thursdays, 10:30am-12:00pm	Free
Senior Cooking Class \$25 for 4 weeks per person. Wednesday, 1:30-4:30pm There must be a minimum of 7 participants registered in the class.	
Line Dance 50¢ per person/per class Tuesdays and Thursdays	

SPECIAL EVENT

October – Halloween Party/Social Dance

November – Thanksgiving Dinner

December – Holiday Celebration/Social Dance/Breakfast with Santa

Please also refer to the "JTS" Northside Community Center monthly brochure for special events information.



St. James Senior Center

199 N. Third St., San José 95112

Phone: 408-277-4194

Fax: 408-277-4175

Supervisor: Tony Torres

Email: tony.torres@sanjoseca.gov

Bus Lines: 22, 23, 64, 66, 72, 73, 82, 180, 304, and
Light Rail - St. James Station

Types of Programs: Rental, senior programs, senior nutrition, and special events.

Programs are designed for those age 50+ unless otherwise noted.

St. James Senior Center offers a monthly activity listing of all programs and services, including a nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+, unless otherwise noted.

PROGRAMS

Advisory Council

The St. James Senior Advisory Council meets monthly on the 2nd Monday of the month at 1:00pm.

Nutrition Program

Please call 408-297-3338 at least one day in advance. Lunch is served at 12:00pm on Monday-Friday and 11:30am on Saturday.

Senior Adult Legal Assistance (SALA)

Free

SALA is at the center the 1st and 3rd Friday of each month from 9:30-11:30am. Please make an appointment by calling the center.

Bart Passes

\$9

Flash Passes

\$20

St. James Senior Center continues on next page

Communities of People connected by



**Play,
Hope &
Joy
in Life**

Parks, Recreation and Neighborhood Services Vision



Weekly Schedule

Includes: table tennis, TV room, computer lab, billiards, daily dances, Chinese chess, Mah Jong, and dominoes.

Day	Activity	Time
Monday	Citizenship for Chinese Speakers-Self Help	9:00am-12:00pm
	Haircuts	9:00am-12:00pm
	Social Worker-Self Help	9:00am-1:00pm
	Chinese Opera	9:00am-3:00pm
	Billiards	9:00am-4:00pm
	TV/Coffee Lounge	9:00am-4:00pm
	Chinese Chess/Mah Jong	9:00am-4:00pm
	Computer Lab	9:00am-4:00pm
	Social Dance Lessons	10:00am-12:00pm
	Jam Band	10:30am-12:00pm
	Lunch	12:00pm
	Line Dance	1:00-3:00pm
	Chinese Hosted Social Dance	1:00-3:00pm
	Chinese Folk Performers Practice	1:00-3:00pm
Tuesday	St. James Chinese Choir	9:00-11:30am
	Bridge	9:00am-12:00pm
	Chinese Opera	9:00am-3:00pm
	Billiards	9:00am-4:00pm
	TV/coffee lounge	9:00am-4:00pm
	Chinese Chess/Mah Jong	9:00am-4:00pm
	Table Tennis	9:00am-4:00pm
	Computer Lab	9:00am-4:00pm
	Lunch	12:00pm
	Chinese Chess/Mah Jong	12:00-4:00pm
	International Social Dance	1:00-3:00pm
Wednesday	Tai Chi	9:00-10:00am
	Haircuts	9:00am-12:00pm
	Chinese Opera	9:00am-3:00pm
	Billiards	9:00am-4:00pm
	TV/Coffee Lounge	9:00am-4:00pm
	Computer Lab	9:00am-4:00pm
	Table Tennis	9:00am-4:00pm
	Chinese Chess/Mah Jong	9:00am-4:00pm
	Yue Chi Dance	10:00-11:00am
	Lunch	12:00pm

Day	Activity	Time
Thursday	ESL for Chinese Speakers Chinese folk	9:00-11:30am
	Haircuts	9:00am-12:00pm
	Billiards	9:00am-4:00pm
	TV/Coffee Lounge	9:00am-4:00pm
	Computer Lab	9:00am-4:00pm
	Chinese Chess/Mah Jong	9:00am-4:00pm
	Performers Practices	10:00-11:30am
	Vietnamese Hosted Dance	1:00-3:00pm
	Karaoke	12:30-3:00pm
	Sword Dance	1:00-2:00pm
	Jazzercise	2:00-4:00pm
Friday	Bridge	9:00am-12:00pm
	Billiards	9:00am-4:00pm
	TV/Coffee Lounge	9:00am-4:00pm
	Computer Lab	9:00am-4:00pm
	Chinese Chess/Mah Jong	9:00am-4:00pm
	Table Tennis	9:00am-4:00pm
	Vietnamese Club meeting	10:00-11:00am
	Chinese Choir	10:00-11:30am
Saturday	Chinese Hosted Dance	1:00-3:00pm
	Yuan Chi Kung	10:00-11:00am
	Haircuts	10:00am-2:00pm
	Vietnamese Karaoke	10:00-11:30am
	Lunch	11:30am
	Vietnamese Hosted Dance	11:30am-2:00pm

The Senior Commission

The 15-member commission is appointed by City Council and advises the Mayor and City Council on matters of importance to San José seniors including housing, transportation, health and safety.

The public is invited to attend the monthly meeting held the second Thursday of every month from 1:30-4:30pm at the Office on Aging.



408-979-7915

**Satisfaction
is important to us.**

We want to provide quality programs to all participants. If you are not satisfied with your program, let us know. Contact staff at your local facility, or call 408-535-3570.

**Southside Senior Center****5585 Cottle Rd., San José 95123****Phone:** 408-629-3435**Fax:** 408-365-7135**Bus Lines:** 27 and 68**Types of Programs:** Senior programs, senior nutrition, and special events

Southside Senior Center offers a detailed monthly activity listing of all programs and services, including a nutrition menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+, unless otherwise noted.

WEB SITE for Southside Senior Center! Please be sure to check out the Web site for Southside Senior Center programs that one of our volunteers has created. You can visit the site at www.southsideseniorcenter.com. You can also visit www.sanjose-ca.gov/prms for more programming.

PROGRAMS**AARP 55 Alive Mature Driving Classes \$10**

Classes are offered six times a year at Southside Senior Center. Class meets for two Thursday from 12:30-4:30pm. After attendance on both days, participants will receive a certificate for completing the class. Class fee is \$10 for the two days. Please call the center for an application and next class session.

Adult Education

The center offers a wide variety of Eastside Adult Education classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the center. The Fall semester typically runs from late August to mid-December while the Spring semester runs from mid-January to May.

Advisory Council

The Southside Senior Advisory Council meets monthly on the 2nd Wednesday of the month at 1:30am in MPR.

Bingo

There are free snacks, door prizes, and special games. Bingo is organized by volunteers and we are always looking for additional help. Doors open at 1:15pm every Tuesday. Games begin at 1:30pm. \$6 for bingo pack (10 games).

Blood Pressure Screenings Free

Multi-purpose Room · Fridays, 10:30-11:45am.

Health Insurance Counseling (HICAP) Free

Trained volunteers from Health Insurance Counseling and Advocacy Program are at the center the 2nd and 4th Tuesday of each month. Please make an appointment by calling the center at 408-629-3435.

Newcomer's Orientation Free

Please call the Southside Senior Center office to schedule a personal tour of the center followed by lunch in our Nutrition Program. Tours are given the 1st Wednesday of every month at 11:00am.

Notary \$5

The 3rd Tuesday of each month from 10:00-11:00am in Main Office. Please call 408-629-3435 to make an appointment.

Nutrition Program \$2/\$5 Suggested Donation

Nutritious meals are served Monday-Friday at 12:00pm. Suggested donation of \$2 for seniors 60+ and \$5 guest fee for adults under 60. Reservations are required. **Please call 408-629-9606 to make a reservation.** A monthly menu is available at the center.

Older Adult Resource Specialist Free

The Older Adult Resource Specialist holds office hours at Southside Senior Center every Wednesday from 10:00am-12:00pm. Please make an appointment by calling the center.

Senior Adult Legal Assistance (SALA) Free

SALA is at the center once a month. Please make an appointment by calling the center. Free legal advice for seniors age 60+ and Santa Clara county residents.

Southside Senior Center Membership \$10

Membership entitles you to discounts for special events, free movie and audio book rentals, a membership pin, Senior Services Directory and two free events for members only during the year. Membership is from January-December.

Vial of Life Free

Pick up a free Vial of Life kit in the center's office. Keep pertinent medical information readily available for paramedics.

Women's Friendship Club

Activities may include a day trip, craft demonstration, and guest speakers. Programs are occasionally off site. New members are always welcome. Please call 408-629-3435 for a schedule of activities.

Bocce Ball **Free**
Join other Southside Seniors to play Bocce Ball on Wednesdays at 9:30am at Almaden Lake Park (Winfield and Coleman side).

Brown Bag Program
Thursdays 9:30-11:00am in Room 8. If you are age 60+ or disabled age 55+, you may be eligible to receive a weekly supplemental bag of groceries if you meet the income requirements. Maximum monthly household income for one person is \$1,325; two people are \$1,790; and three people are \$2,256. Applications are available in Room 8 on Thursday mornings only.

Chinese Cultural Club **Free**
"South Mountain Chinese Club" welcomes new members. The group meets Tuesdays from 9:00am-3:00pm in Room 6. Join in the fun with this great group of friendly people and play Mah Jong.

Conversational English **Free**
Improve and practice your English. (This is not an "English as a Second Language" (ESL) Class). Fridays 10:00-11:30am in front office. East Side Adult Education provides ESL classes.

Craft Club **Free**
Thursdays from 9:00am-12:00pm in Room 7. Work on your own craft projects with a group of friendly people. Birthdays are celebrated on the 4th Thursday of the month. Drop-ins welcome.

Chair Exercise **Free**
Whether you wheel or walk. Anything from weighted balls and bands to mini-balls and sticks for strength and coordination. Most exercises are done seated, some standing. Go at your own pace for all fitness levels. Mondays from 1:00-1:45pm in Room 7.

Fitness Over 50 **Free**
A wonderful workout for women and men while standing, sitting, lying on the mats, with weights (not provided) and fitness bands and tubes (provided). Monday, Wednesday and Friday from 8:30-9:30am in the Multipurpose Room.

Horseshoes **Free**
Stop by and pitch a game of horseshoes! Open to men and women. Tuesdays from 10:30am-12:00pm and Fridays from 9:30-11:30am at the Horseshoe pits by the rose garden.

Line Dance, Int. **\$22.50**
Learn to line dance, socialize, and have fun. Classes meet Mondays, 1:30-3:30pm in the Multi-purpose room. Please call the center to join, 408-629-3435.

Photoshop **Free**
Wednesdays 1:00-3:00pm in Computer Lab. This class is limited to 16 students due to the size of the computer lab. Registration occurs in early September and early January. Photoshop elements is the program used in the computer lab.

Ping Pong **Free**
Mondays and Wednesday from 1:00-4:30pm in Room 9. Pick up a paddle and join the fun! Tables are first-come, first-served. Paddles are provided.

Quilting **Free**
Tuesday, 9:00am-12:00pm in Room 8/9. Work on quilting projects and learn some new techniques. Scoring boards, some material and batting are provided. A few sewing machines are available in the classroom. The class is for beginners and intermediate quilters.

Sewing **Free**
Remodel and alter new and used clothing. Find out how to save money by learning sewing basics and how to adjust patterns. Sewing machines and some sewing notions are available in the class. Thursdays from 1:30-4:00pm in Room 6.

Southside Players **Free**
Wednesdays 1:00-3:00pm. Join this drama group for one act play/skit. No previous experience required. Group meets in the Multipurpose Room. Newcomers welcomed and encouraged to join.

Tai Chi, Beginning **Free**
Learn the beginning steps of traditional chinese Tai Chi. Friday from 2:00-3:00pm in Room 9.

Tai Ji Quan **Free**
Twenty-four forms of traditional Chinese Tai Chi movements are taught. Everyone is welcome to participate. Fridays from 9:00-11:30am in Room 9.

Yuan Ji Dance **Free**
Includes Tai Chi, dance and exercise all in one. Class meets on Wednesdays from 9:00am-12:00pm in Room 8/9.



SPECIAL EVENTS

Southside's Ice Cream Social
Wednesday, September 10 enjoy Southside's Ice Cream Social. Tempt your tummy with chocolate and vanilla ice cream-sugar free is available topped with hot fudge, whipped cream and nuts!

**Weekly Schedule**

Day	Class	Time
Monday	Fitness Class	8:30-9:30am
	Life Planning	9:00-11:00am
	Handwork for Other	9:00am-1:00pm
	Ceramics	9:00am-12:00pm
	Spanish Culture	9:30am-12:00pm
	Lunch	12:00-1:00pm
	Computer Fundamentals	1:00-3:00pm
	Line Dance, Int.	1:30-3:30pm
	Ping Pong	1:00-4:30pm
	Line Dance Social (1st Monday)	1:30-3:30pm
	Chair Exercises	1:00-1:45pm
Tuesday	Walking Group	9:00-10:00am
	Quilting	9:00am-12:00pm
	Chinese Club	9:00am-3:00pm
	Pinochle & Bridge	9:00am-1:00pm
	Ceramics	9:00am-12:00pm
	Women's Friendship Group	9:30-11:30am
	MS Word	9:30-11:30am
	Horseshoes	10:30am-12:00pm
	Lunch	12:00-1:00pm
	Bingo	1:30-3:30pm
Wednesday	Chinese Brush Painting	2:00-4:00pm
	Fitness Class	8:30-9:30am
	Yuan Ji Dance	9:00am-12:00pm
	Bocce Ball	9:30-11:30am
	Computer Basics	9:30-11:30am
	Resource Specialist	10:00am-12:00pm
	Lunch	12:00-1:00pm
	Calligraphy	1:00-3:00pm
	Drama	1:00-3:00pm
	Photoshop	1:00-3:00pm
	Oil Painting	1:00-3:30pm
	Ping Pong	1:00-4:30pm
Thursday	Craft Group	9:00am-12:00pm
	Bridge & Pinochle	9:00am-1:00pm
	Brown Bag	9:00-10:00am
	MS Office	9:30-11:30am
	Explore the Bay Area	9:45-11:45am
	Lunch	12:00-1:00pm
	Tai Chi	1:00-3:00pm
	Ballroom Dancing	1:00-3:00pm
	Sewing	1:30-4:00pm
Friday	Fitness Class	8:30-9:30am
	Tai Ji Quan	9:00-11:30am
	Horseshoes	9:30-11:30am
	Creative Writing	9:30am-12:00pm
	Conversational English	10:00-11:30am
	Blood Pressure Screening	10:00am-12:00pm
	Lunch	12:00-1:00pm
	Tai Chi, Beg	2:00-3:00pm

Willows Senior Center**2175 Lincoln Ave., San José 95125****Phone:** 408-448-6400**Fax:** 408-978-8291**Supervisor:** Janine Bray**Email:** janine.bray@sanjoseca.gov**Bus Lines:** 26 and 64**Types of Programs:** Fee class, rentals, senior programs, drop in group, lunch, and special events.**Programs are designed for those age 50+ unless otherwise noted.**

Willows Senior Center offers a monthly activity listing, including a lunch menu. This information can be obtained by visiting the center. Please refer to pages 14-16 for program descriptions and additional information regarding citywide aging services.

Membership**\$10**

Are you a current member of the Willows Senior Center? Why not sign-up today! Membership is just \$10 and runs from January-December of each year. That is less than \$1 per month! With your membership you will receive a **Free** ticket to specified events, a thank you gift, and discounts to other events throughout the year. The best part is that your money helps support the programs and special events at Willows Senior Center. Sign up in the front office today.

PROGRAMS**Adult Education (MAEP)**

The center offers Metropolitan Adult Education Classes for seniors. Classes are free or low cost. Pick up an Adult Education class guide at the center for a list of classes.

Advisory Council**Free**

Come on out and share your ideas with us at the monthly Willows Advisory Council meeting. Advisory Council meets on the 1st Monday of each month in Room 10 at 10:00am.

Ballroom Dances**Free**

Enjoy dancing to the music of the 30's, 40's and 50's in Multipurpose Room every Wednesday from 1:30-3:30pm. Dances are free. Refreshments are served.

Birthday Party**Free**

Come celebrate your birthday with us! Birthday celebrations are held the 4th Thursday of the month at 11:30am. Sign up in Willows Café so you can sit at the birthday table with one guest. 408-265-0915.

Blood Pressure Screenings**Free**

Thursdays from 10:30-11:30am in the front office.

Willows Senior Center continues on next page

**Book Club**

Third Tuesday of each month 10:00am in Room 6.

Friends of Willows

Do you love to garden? Please help us beautify the Willows Senior Center! Volunteers are needed once a month to help clean the grounds around the Senior Center. Beautification day is always the first Tuesday of each month. Please call the senior center and sign up! Lunch is provided.

Health Insurance Counseling (HICAP)**Free**

Trained volunteers from HICAP are at the center the 2nd and 4th Wednesday of each month. By appointment only. Call 408-448-6400.

Karaoke Hour**Free**

Do you love to sing? Please join us every Wednesday from 3:00-4:30pm in Room 11 for sing along. You can pick your favorite song from a list of 2000 Karaoke songs, or you may sing accapella. If you love to just listen to music, come join us! New members always welcome.

Line Dancing for Intermediates**Free**

Every Tuesday from 1:00-3:00pm in Multipurpose Room. Line dance with friends to great music.

Notary**\$5**

Third Wednesday of each month at 10:00-11:30am, by appointment only. Call 408-448-6400.

Willows Café**\$2/\$5**

Enjoy a delicious lunch Monday-Friday from 11:00am-1:00pm in the Multipurpose Room. Lunch is a suggested donation of \$2 for adults age 60+ and a \$5 guest fee for adults under age 60. Doors open at 10:00am. Visit and meet new friends while enjoying a delicious meal. Reservations, call 408-265-0915.

Pool Room**Free**

There are three pool tables. Join the fun and camaraderie! Open Monday-Friday 8:30am-4:00pm in Room 13.

Resource Specialist**Free**

A representative from the Office on Aging is available every Tuesday from 10:00am-12:00pm. The Resource Specialist can provide you with resources for housing, transportation, and much more. The representative can also help you fill out forms. You can make an appointment by calling 408-448-6400.

Square Dancing**Free**

Every Monday at 1:30pm in the Room 14. The group does not meet on the 2nd Monday of the month.

Senior Adult Legal Assistance (SALA)**Free**

Free legal advice for adults 60 years of age or older who are residents of Santa Clara County. Half-hour consultations on legal problems and simple wills. Please make an appointment, call 408-448-6400.

SeniorNet Learning Center of San José

SeniorNet's mission is to provide older adult education, and access to computer technology to enhance the lives of Seniors and enable them to share their knowledge and wisdom. SeniorNet, a non-profit organization, teaches adults (age 50+) how to use computers and the Internet. Classes are designed for the very beginner to the intermediate student with offerings changing every eight weeks. Visit the SeniorNet web site at www.snicsj.org/willows. For more information call 408-448-6400.

Trip Sales

Sign-up for a variety of trips every Tuesday and Wednesday from 10:00am-12:00pm in the front office. Frontier Travel and Tours provide the trips. For more information regarding our trips, be sure to check out the "Trips Bulletin Board" in the main hallway of Willows Senior Center, and the senior center brochure.

The Willows Boutique

Hand crafted items created by Willows Seniors. Come to shop or become one of our artists. Open Monday-Friday 10:00am-2:00pm inside the office.

Tennis Club**Free**

Willow Street Courts at Bramhall Park. Tuesdays & Thursdays 8:00-10:00am.

Van Transportation**Free**

Do you live within three miles of the Willows Senior Center and do not have transportation? Then sign up with us today! Willows Senior Center has a van driver between the hours of 9:30am-3:00pm Monday-Friday that can pick you up at your home and bring you to the Center. The round trip ride is free. Call the office today at 408-448-6400 so we can mail you the registration form.

Vial of Life**Free**

Pick up a free Vial of Life kit in the center's office. Vial of life notifies the paramedics by a sticker on your refrigerator, that your medical information is listed.

Websites for Information

www.sanjoseca.gov/prns

Parks, Recreation and Neighborhood Services listings

www.snicsj.org

San José SeniorNet (Computer Class) Information

www.metroed.net

Metropolitan Adult Education Program listings



Weekly Schedule

Day	Class	Time
Monday	Fitness/Feldenkrais (MAEP)	8:30-9:30am
	Willows Walking Group	9:00-10:00am
	Volunteers For Others	9:00am-12:00pm
	Senior Net1	9:00am-4:00pm
	Billiards	9:00am-4:00pm
	Lawn Bowling (Offsite)	9:30am
	Willows Café	11:00-1:00pm
	Canasta Club	12:00-4:00pm
	Square Dancing	1:30-2:30pm
Tuesday	Tennis	8:00-10:00am
	Trip Sales	9:00am-12:00pm
	Woodcarving Club	9:00am-12:00pm
	Billiards	9:00am-4:00pm
	Senior Net1	9:00am-4:00pm
	Piano Int./Adv. (MAEP)	9:30am-12:30pm
	Gardening (MAEP)	10:00am-12:00pm
	Sewing (MAEP)	10:00am-12:00pm
	Book of Month Club 3rd	10:00-11:30am
	Willows Café	11:00am-1:00pm
	Genealogy (MAEP)	1:00-3:00pm
	Line Dance	1:00-3:00pm
	Chess	12:00-4:00pm
Wednesday	Tai Chi – Level I (MAEP)	8:30-9:30am
	Senior Theatre	9:00-10:30am
	Willows Walking Group	9:00-10:00am
	Quilters Club	9:00am-12:00pm
	Billiards	9:00am-4:00pm
	Senior Net1	9:00am-4:00pm
	Trip Sales	10:00am-12:00pm
	Creative Art (MAEP)	10:00am-12:00pm
	Lip Reading (Coping) (MAEP)	10:00am-12:00pm
	Willows Café	11:00-1:00pm
	Drop-in-Bridge (Int./Adv.)	12:00-3:00pm
	Watercolor (MAEP)	12:30-2:30pm
	Chess	12:00-4:00pm
	History of Santa Clara Country (MAEP)	1:00-3:00pm
	Greeting Card Club	1:00-3:00pm
	Ballroom Dance	1:30-3:30pm
	Karaoke	3:00-4:30pm
Thursday	Tennis	8:00-10:00am
	Exercise with video	8:30-9:30am
	Tai Chi (MAEP)	8:30-10:00am
	Spanish II (MAEP)	9:00-11:00am
	Calligraphy (MAEP)	9:00-11:00am
	Senior Social Club	9:00am-12:00pm
	Billiards	9:00am-4:00pm
	SeniorNet1	9:00am-4:00pm

Day	Class	Time
Thursday	Lawn Bowling (Offsite)	9:30am
	Creative Arts Cards	10:00am-12:00pm
	Senior Theatre	10:00am-12:00pm
	Calligraphy (MAEP)	11:05am-1:05pm
	Nutrition Willows Café	11:00am-1:00pm
	Drop in Bridge (Int./Adv.)	12:00-3:00pm
	Movie	1:30-3:30pm
	Genealogy (Int.)	1:00-3:00pm
	Line Dance 2nd/4th	1:30-3:30pm
	Memoirs (MAEP)	1:30-4:00pm
Friday	Exercise - Stretching	8:30-9:30am
	Chinese Brush Painting, Beg.	8:45-10:30am
	Piano Beg (MAEP)	9:00am
	Willows Walking Group	9:00-10:00am
	Lapidary \$25 for 8 weeks	9:00am-12:00pm
	Billiards	9:00am-4:00pm
	SeniorNet1	9:00am-4:00pm
	News & Views (MAEP)	9:30-11:00am
	Chinese Brush Painting, Int.	10:30am-12:30pm
	Willows Café	11:00-1:00pm
	Chess Club	12:00-4:00pm
	Watercolor (MAEP) \$10	12:30-2:30pm
	Chinese Calligraphy (MAEP)	1:00-3:00pm

1 SeniorNet, a volunteer run, non-profit organization, offers affordable classes teaching computer use to seniors. Log on to: www.snicsj.org or call SrNet Voice Mail at: 408-978-1587

2 (MAEP) Metro Ed schedules available in office.

SPECIAL EVENTS

Please refer to the Willow's monthly brochure for information.

Annual Car Show Coming in June! Call the Center for more information.

Senior Trips and Tours

City of San José - Office on Aging



- Frontier Travel and Tours
- Trained escorts.
- Over 30 years experience.
- Memorable travel experiences.
- Registration at San José Senior Centers.
- Highest safety ratings.
- ADA compliance.
- Travel Clubs.

For trip information and reservation dates:

Call 1-800-955-2877

<http://frontiertraveltours.com/sanjose>